

# Do No Harm: Putting Safer Pain Management Into Practice

## Module 3: Pain

**Valid Dates:**

**December 1, 2019 to November 30, 2022**

Online Enduring Material  
Oklahoma City, OK 73104

### Instructions for Participation and Credit:

There are no fees for participating in or receiving credit for this online educational activity. For information on applicability and acceptance of continuing education credit for this activity, please consult your professional licensing board.

This activity is designed to be completed within the time designated on the title page; physicians should claim only those credits that reflect the time actually spent in the activity. To successfully earn credit, participants must complete the activity and pre-test online during the valid credit period that is noted on the title page. To receive CME/CE credit, you must receive a minimum score of 80% on the post-test.

**If you have not already completed the third (3) module on the Oklahoma Department of Mental Health and Substance Abuse Services Training Institute website (ODMHSAS) follow these steps:**

### Training Institute ODMHSAS Login instructions

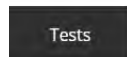
1. Go to: "<https://odmhsas.interactyx.com/login.aspx>" Login or click "Sign up here" for a new account
2. Scroll down to locate the course or use the search field
3. Click "start" to begin the Do No Harm: Putting Safer Pain Management into Practice module.
4. Read the professional practice gaps, learning objectives and disclosure report.
5. Study the educational content on the ODMHSAS website and complete the pre-test.
6. Once you have completed each module, to earn credit click on the link provided to the OU CloudCME website.

**If you have already completed the third (3) module on the ODMHSAS website follow these instructions:**

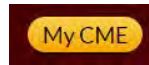
### OU CLOUDCME INSTRUCTIONS

1. Click on the registration button and follow the instructions to either create an account or log in.
2. Complete registration

3. Complete the Post-Test



4. Click on the yellow My CME button



5. Click on the Evaluations & Certificates button



6. Click on the complete the evaluation button for **Do No Harm: Putting Safer Pain Management Into Practice - 20e001**
7. Click on the yellow My CME button
8. Click on the evaluations & certificates button
9. Click on the download certificate button for **Do No Harm: Putting Safer Pain Management Into Practice - 20e001** to print certificate

### Accreditation Statements:



#### ACCME/AMA PRA Accreditation Statement:

The University of Oklahoma College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Oklahoma, College of Medicine designates this internet activity enduring material for a maximum of 3.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Module 1 – The Standards – 1.00 *AMA PRA Category 1 Credits™*

Module 2 – Epidemic - .25 *AMA PRA Category 1 Credits™*

Module 3 – Pain - .25 *AMA PRA Category 1 Credits™*

Module 4 – Analgesia - .50 *AMA PRA Category 1 Credits™*

Module 5 – Patient Engagement - .50 *AMA PRA Category 1 Credits™*

Module 6 – Practice Systems – 1.00 *AMA PRA Category 1 Credits™*



**AAPA Accreditation Statement:**

This activity has been reviewed by the AAPA Review Panel and is compliant with AAPA CME Criteria. This activity is designated for 3.50 AAPA Category 1 CME credits. Approval is valid for one year from 12/01/2019. PAs should only claim credit commensurate with the extent of their participation.

- Module 1 – Overview – 1.00 AAPA Category 1 CME credits
- Module 2 – Epidemic - .25 AAPA Category 1 CME credits
- Module 3 – Pain - .25 AAPA Category 1 CME credits
- Module 4 – Analgesia - .50 AAPA Category 1 CME credits
- Module 5 – Patient Engagement - .50 AAPA Category 1 CME credits
- Module 6 – Practice Systems – 1.00 AAPA Category 1 CME credits

*Post-test portion of the activity must state the following:*

Successful completion of the post-test is required to earn AAPA Category 1 CME credit. Successful completion is defined as a cumulative score of at least 80% percent correct. You have three (3) attempts to pass each test.



**Oklahoma State Board of Pharmacy (OSBP) Accreditation Statement:**

This online enduring material has been approved by the Oklahoma State Board of Pharmacy Continuing Education Committee for 3.50 contact hours. 20190130-OK-0631

- Module 1 – Overview – 1.00 OSBP Contact Hours 20190130-OK-0631A
- Module 2 – Epidemic - .25 OSBP Contact Hours 20190130-OK-0631B
- Module 3 – Pain - .25 OSBP Contact Hours 20190130-OK-0631C
- Module 4 – Analgesia - .50 OSBP Contact Hours 20190130-OK-0631D
- Module 5 – Patient Engagement - .50 OSBP Contact Hours 20190130-OK-0631E
- Module 6 – Practice Systems – 1.00 OSBP Contact Hours 20190130-OK-0631F

Successful completion of the post-test is required. Successful completion is defined as a cumulative score of at least 80% percent correct.



## Oklahoma Board of Nursing

### Nursing Pharmacology

This course has been approved for Pharmacology hours by the Oklahoma Board of Nursing for 4.2 contact hours of **Category B** education (based on 50 minutes per contact hour) for Advanced Practice Nurses. It is the responsibility of the nurse to assure pharmacology hours apply to their scope of practice.

- Module 1 – The Standards – 1.20 pharmacology hours
- Module 2 – Epidemic - .30 pharmacology hours
- Module 3 – Pain - .30 pharmacology hours
- Module 4 – Analgesia - .60 pharmacology hours
- Module 5 – Patient Engagement - .60 pharmacology hours
- Module 6 – Practice Systems – 1.20 pharmacology hours

Successful completion of the post-test(s) is/are required to earn pharmacology hours. Each module is separate; successful completion is defined as a cumulative score of at least 80% percent correct. Upon passing the post-test and completing the evaluation credit will be awarded. You have three (3) attempts to pass each test.

### **Activity Description:**

From 2007-2013, more than 4,600 Oklahomans died of an unintentional poisoning. Prescription drugs are the most common substances involved in unintentional poisoning deaths in Oklahoma. In 2013, Oklahoma had the sixth highest unintentional poisoning mortality rate in the nation. Prescription drug overdoses kill nearly two Oklahomans per day. They are now the leading cause of injury death for Oklahomans ages 25-64, according to the Oklahoma State Health Department (OSDH). Do No Harm: Putting Safer Pain Management Guidelines into Practice is an online enduring material that meets the requirement for Oklahoma Senate Bill 1446 – Best Practice For An Act Regulating of Opioid Drugs.

The bill encompasses all opioid prescribing in the state, including opioid prescribing in the workers' compensation system. The bill asks the Oklahoma Board of Medical Licensure and Supervision to require continuing medical education (CME) for prescribers on opioid abuse and misuse, also restricts initial prescriptions for opioids to a seven day supply. "The Board shall require that the licensee receive not less than one hour of education in pain management or one hour of education in opioid use or addiction each year preceding an application for renewal of a license, unless the licensee has demonstrated to the satisfaction of the Board that the licensee does not currently hold a valid federal Drug Enforcement Administration registration number." The course is divided into six (6) modules: **Module 1:** Overview; **Module 2:** Epidemic; **Module 3:** Pain; **Module 4:** Analgesia; **Module 5:** Patient Engagement; and **Module 6:** Practice Systems. Each module is separate; upon passing the post-test (80%) and completing the evaluation credit will be awarded.

**Overall Learning Objectives:**

Upon completion of this enduring material, participants will improve their competence and performance by being able to:

1. Describe the role clinicians play in the opioid overdose epidemic.
2. Recognize pain to be a biopsychosocial phenomenon with intrinsic brain adaptations.
3. Identify modalities for pain management, their mechanisms, and limitations.
4. Apply guidelines to safer use of opioids for pain management.
5. Complete the annual opioid education required by Oklahoma SB 1446.

**Module 3 – Pain**

**Overview: Pain** covers the complex neurophysiologic and social experience caused by pain. Differentiate acute pain from chronic and nociceptive from neuropathic pain as well as describes the neural circuits and neurotransmitters involved in acute and chronic pain. Additionally, define the role for opioid treatment in chronic painful conditions.

**Professional Practice Gap 1:** Oklahoma healthcare providers may be unaware of the recent advances in the neurobiology, pathophysiology, and psychology of the experience of pain and its neural modulation particularly of chronic pain.

**Learning Objectives:**

Upon completion of this enduring material, participant will improve their competence and performance by being able to:

1. Describe pain as being a complex neurophysiologic and social experience.
2. Differentiate acute from chronic and nociceptive from neuropathic pain.
3. Describe pain as being a complex neurophysiologic and social experience.
4. Define the role for opioid treatment in chronic painful conditions by understanding their neurobiology of analgesia, tolerance, dependence, and development of opioid use disorder.

**Target Audience:**

Doctor of Medicine (MD), Doctor of Osteopathic Medicine (DO), Physician Assistant (PA), Bachelor of Medicine Bachelor of Surgery (MBBS), Pharmacist, Nurse Practitioner (NP), Clinical Nurse Specialist (CNS), Advanced Practice Registered Nurse (APRN)

**Conflict Resolution Statement:**

The University of Oklahoma, College of Medicine Office of Continuing Professional Development has reviewed this activity's speaker and planner disclosures and resolved all identified conflicts of interest, if applicable.

**Accreditation Council for Graduate Medical Education (ACGME)****American Board of Medical Specialties (ABMS) Competencies:**

- ✓ Patient care
- ✓ Practice-based learning/improvement
- ✓ Professionalism
- ✓ Medical knowledge
- ✓ Interpersonal and communication skills
- ✓ Systems-based practice

### **Acknowledgement of Commercial and In-Kind Support:**

**Commercial support** is financial, or in-kind contribution given by a commercial interest, which is used to pay all or part of the costs of a CME activity. A **commercial interest** is any entity producing, marketing, re-selling, or distributing health care goods or services consumed by or used on patients.

**This activity received no commercial or in-kind support.**

### **Federal and State Grant Acknowledgements**

Oklahoma Department of Mental Health Substance Abuse Services (ODMHSAS)

Oklahoma Primary Healthcare Improvement Cooperative (OPHIC)

Substance Abuse and Mental Health Services Administration (SAMHSA) through the ODMHSAS

These contracts and agreements do not meet the definition of commercial or in-kind support.

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### **Accommodation Statement:**

Accommodations are available by contacting Jan Quayle at 405-271-2350, ext. 8 or e-mail to: [jan-quayle@ouhsc.edu](mailto:jan-quayle@ouhsc.edu) as soon as possible.

### **Policy on Faculty and Presenters Disclosure:**

It is the policy of the University of Oklahoma, College of Medicine that the faculty and presenters disclose real or apparent conflicts of interest relating to the topics of this educational activity, and also disclose discussions of unlabeled and/or unapproved uses of drugs or devise during their presentation(s).

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## Faculty Disclosure and Resolution Report

The University of Oklahoma, College of Medicine and the Irwin H. Brown Office of Continuing Professional Development must ensure balance, independence, objectivity and scientific rigor in all its activities. We have implemented a process where everyone who is in a position to control the content of an education activity has disclosed to us all relevant financial relationships with any commercial interest. In addition, should it be determined that a conflict of interest exists as a result of a financial relationship one may have, this will be resolved prior to the activity. This policy is designed to provide the target audience with an opportunity to review any affiliations between the CME organizers, presenters and supporting organizations for the purpose of determining the potential presence of bias or influence over educational content. The following is a summary of this activities disclosure and resolution information.

Role	First Name	Last Name	Nature of Relevant Financial Relationship		
			Commercial Interest	What was received?	For what role?
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Expert Review Member	Bryan A.	VanDoren, MD, DABAM, FASAM			I have no relevant financial relationships or affiliations with commercial interests to disclose.
Expert Review Member	William H.	Yarborough, MD, FACPM			I have no relevant financial relationships or affiliations with commercial interests to disclose.